



Earthbound Expeditions

All Inclusive Nepal And Bhutan Tour

10 days, from US\$3,387 per person

Duration

10 days

Group size

8 People

Country

Bhutan

Nepal Bhutan tour All Inclusive Package : GET THE PRIVILEGE OF EXPLORING NEPAL AND BHUTAN ON THIS TOUR AT ONE GO!

Day by day

Day 1

Arrival Day

We arrive to Kathmandu. We will be met and picked up by an Earthbound Representative from airport and transferred to hotel. Later we meet for the orientation about our tour in details. – Evening can do Meditation class.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Kathmandu Exploration Day in Kathmandu and stay at Yoga Retreat / Home stay

In the morning we do Yoga. After breakfast in the morning we go for the Kathmandu sightseeing tour. We are going to do the UNESCO CULTURAL HERITAGE TOUR today which includes: Swoyambhunath – The oldest Buddhist Stupa in Kathmandu Valley, a beautiful abode for lots of monkeys thus also known as Monkey Temple, is also a perfect vantage point to see Kathmandu valley. Pashupatinath– A holy pilgrimage for Hindus and Hindu Crematorium, watch as the Hindu dead bodies are cremated in the most unique way in the world; we come across men with ash rubbed body, matted locks and dreaded look which is typical look of a Hindu Holy Men known as Sadhus. Boudhanath– the biggest Buddhist temple in the world; a site for Tibetan Buddhism where we can visit monasteries, watch the Holy Monks busy in their chanting ritual going around the temple. Patan Durbar Square– A Medieval Royal Palace area which is also known as the city of fine arts, we can see the finest example of metal and stone carving back to 14th century and also the amazing Nepali Architecture. then we drive to the Yoga Retreat. Enjoying the Green hills and the local life, we come to Nepal Yoga Retreat where we are staying for one night practicing Yoga and Meditation, helping ourselves to grow spiritual and healthier.

Altitude: 1,970 m On foot: Easy walking, 2–3 hrs Night: Homestay, Suryachaur Meals: Breakfast, Lunch, Dinner

Day 3

Yoga retreat – Suryachaur – Yoga retreat

Early morning we drive to Kakani for about 1 hour – Kakani is a beautiful hill station 30 Kilometers north west of Kathmandu and famous for sunrise and Mountain View. We can enjoy the breathtaking view of Ganesh Himal and Langtang range in the Himalaya and other magnificent mountains including Sisa Pangma, Dorje Lakpa, Gaurishankar and also Everest range on a very clear day. Sunrise from here is as fascinating as it can be. The cool weather there makes us wish for more days. We enjoy sunrise in the morning and come for the breakfast. After having breakfast we hike to today's destination. A 3 hours hike (down hill mostly, people who don't want hike have option of driving back) will take us to the Jungle and local village area allowing us to experience the local life style. As we walk, we will be welcomed by a friendly hello of local people. Enjoying the Green hills and the local life. Then we come to Nepal Yoga Retreat where we are staying practicing Yoga and Meditation, helping ourselves to grow spiritual and healthier. After lunch, we can go visit organic farm, temple and explore the surrounding. Also can enjoy the spa and massage facility with extra cost at the retreat. In the evening, another meditation session will make us feel more peaceful and energetic. You can enjoy Nepali cooking class this evening or even You can also enjoy home stay (optional).

Altitude: 1,970 m On foot: 3 hrs Night: Homestay, Suryachaur Meals: Breakfast, Lunch, Dinner

Day 4

Yoga Retreat – Bhaktapur – Kathmandu

Early morning we do Yoga for about 45 minute and later drive to Bhaktapur the UNESCO World heritage site, visit the old palace square. Drive to Hotel. Evening join meditation class.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 5

Kathmandu to Bhutan Flight then drive to Thimphu

Fly to Bhutan arrival at Paro and Drive to Thimphu The flight into Paro on Druk Air, is a befitting introduction to the spectacular beauty of our country. In clear weather, magnificent views of the world's highest peaks give way to the lush green Paro valley as you land. The first gift from Bhutan will be the cool, clean fresh air as you step out of the plane. After clearing customs and visa control you are met by your guide and depart to Paro town for lunch. After lunch visits the Ta dzong, an ancient watchtower, which now houses the National Museum. Below the museum is the Paro Rimpung Dzong, the centre of civil and religious authority in this valley. A short walk takes you to the base of the dzong and across a traditional cantilevered, covered bridge. A short distance further is one of the innumerable archery grounds. (Archery is the national sport of Bhutan). If we are lucky, we may catch a match in action. Late afternoon depart to Thimphu, the modern capital of Bhutan. The drive will take around 1.5 hour. Thimphu has a population of about 98,000. The town is made up of just three lines of shops and is the only capital in the world without traffic lights. Dinner and overnight at hotel.

Altitude: 2,320 m On foot: Easy walking, 1–2 hrs Night: Hotel, Thimphu Meals: Breakfast, Lunch, Dinner

Day 6

Thimphu to Punakha

Thimphu valley sightseeing and Punakha Valley Thimphu sightseeing includes a visit to the National Memorial Chorten, National Library, stocked with priceless ancient Buddhist manuscripts and also visit the Folk Heritage Museum, which is dedicated to connecting people to the Bhutanese rural past through exhibition of items and artifacts used in rural households, Textile Museum, where the art of traditional weaving is still kept alive and preserved through exhibition and has a good collection of old textiles which are rich in its color and design. Other high lights include a visit to the Handicrafts Emporium, which has all types of Bhutanese handicrafts for sale. After lunch depart to Punakha. Leaving Thimphu the road climbs steeply through a forest of pine and cedar, festooned with hanging lichen high up near Dochola pass (3050 m). This pass often offers panoramic views of the Himalayan mountain ranges. After stopping for tea and the view, we descend along a series of hairpin bends to the fertile valley of Punakha. Afternoon visit Punakha Dzong, winter seat of the Je Khenpo and ancient capital of Bhutan, remarkably located between the rivers of the Mo (Female) Chu and Pho (Male) Chu . The dzong is open to visitors only in summer when the Je Khenpo and the Monk Body are in Thimphu.

Altitude: 1,200 m On foot: Easy walking, 2–3 hrs Night: Hotel, Punakha Meals: Breakfast, Lunch, Dinner

Day 7

Punakha – Wangdue – Paro

Continue your drive to Wangdue, one of the major towns and district headquarters of Western Bhutan where we make a short stop to view the Wangdue Phodrang Dzong (currently may not show this due to the fire hit the DZONG last year), the Dzong was dramatically located on the spur of a hill at the confluence of the Tsang Chu and Dang Chu rivers and then drive your way back to Paro.

Altitude: 2,200 m On foot: None, 5–6 hr drive Night: Hotel, Paro Meals: Breakfast, Lunch, Dinner

Day 8

Paro valley sightseeing and Tiger's nest hike.

In the morning drive towards the north of Paro valley to visit the ruins of the Drukgyal Dzong 16 km up the valley. Built in 1647 by the great Shabdrung Ngawang Namgyal, father and unifier of medieval Bhutan, the dzong was destroyed by accidental fire and left in ruins as an evocative reminder of the great victories it was built to commemorate. Explore the ramparts and on a clear day experience an unforgettable view of Mt. Jhomolhari (7,314 m) and then drive to Satsam Chorten to hike to Paro Taktsang [3100m], the hike up (or horse ride) to the Taktsang monastery (Tiger's nest). The horse ride up to the cafeteria will take around one and half hour. At the viewpoint enjoy the stunning view of the monastery, where Guru Padmasambhava - Guru Rimpoche landed on the back of a Tigeress in the 8th century. We then walk back to the road point and then drive your way back to visit Kyichu Lhakhang, one of the oldest temples in Bhutan. After lunch drive to visit Evening ends with a walk through Paro's main shopping district. Dinner and overnight at hotel . Evening Join Buddhist Meditation Class in Bhutan guided by the Monk.

Altitude: 2,200 m On foot: 4–5 hrs Night: Hotel, Paro Meals: Breakfast, Lunch, Dinner

Day 9

Departure to Kathmandu Nepal

Transfer to airport for flight to Kathmandu, evening join Nepali cultural show and dinner

Altitude: 1,400 m On foot: None, flight day Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 10

Departure to home

Transfers to the airport for departure to home or other destination like India or Tibet. Namaste!

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- All accommodation as on Itinerary in Nepal and Bhutan on Full board basis
- Private Transfers and sightseeing with Professional English Speaking Tour Guide
- All Airport pick up and transfers
- One Night Cultural Show and Dinner in Nepal
- Nepali Home Stay and Cooking Class with Yoga
- Airfare KTM - PARO - KTM
- Travel permit, Bhutan Visa Fees, Major monuments entrance fees in Bhutan (except photography fees)
- Guru Guided Yoga and Meditation class in Nepal

Not included

- Personal travel insurance and all items of a personal nature, some lunch and dinner where not mentioned
- International Flights to and From Kathmandu
- Tips and gratuities to guide and drivers
- Mountain, Road rescue or any other emergency evacuation charges if necessary
- Expenses incurred as a result of illness, landslide, political disturbance, re-routing, flight cancellation and of any other unforeseen situation and events which is not under our control
- Any kind of Table drinks, telephone bills, laundry, postage etc
- Nepal Visa cost payable upon arrival